LEARN TO SWIM CLASSES
Enjoyable aquatic environment familiarisation.
Children are taught water safety first. The basics of freestyle, backstroke and breaststroke are then taught.
30 minute classes:
- Mums and Bubs
- Pre-Tadpoles/ Tadpoles
- Jellyfish
- Rainbow
40 minute class:
- Starfish
Learn To Swim classes are available between: 2.00pm and 5.30pm Weekdays 8.00am and 11.00am Saturday

MASTERS SWIMMING SQUAD
Offered to adult swimmers and adult triathlete’s of all abilities. A social and active environment with stroke correction.
Monday, Wednesday, Friday: 5.30am to 7.00am Saturday: 6.30am to 8.00am

ADULT FITNESS CLASS
Offered to adult swimmers of all abilities, from beginners to advanced. A social and active environment with stroke correction.
Classes during school terms Monday, Wednesday and Friday: 8.30am to 9.30am

MINI-SQUADS
Flipper and a kick board are required for each session. Club Membership is optional.

JUNIOR DEVELOPMENT 1 PREP (JD1 Prep)
Stroke development in all four strokes. Weekday Afternoons: 3.30pm to 4.15pm
As well as select mornings

JUNIOR DEVELOPMENT 1 (JD1)
Stroke development in all four strokes. Weekday Afternoons: 3.30pm to 4.15pm 4.15pm to 5.00pm
As well as select mornings

JUNIOR DEVELOPMENT 2 (JD2)
Stroke development in all four strokes. Start to increase in distances. Weekday Afternoons: 3.30pm and 4.15pm 4.15pm to 5.00pm
As well as select mornings

JUNIOR DEVELOPMENT 3 (JD3)
Stroke development in all four strokes. Start to increase in distances. Introduction to squad training principles. Weekday Afternoons 3.30pm and 4.15pm 4.15pm to 5.00pm
As well as select mornings

FITNESS 1 SQUAD (F1)
Sessions designed to increase fitness, be social and enjoyable.
Monday 7.00am to 8.00am Monday, Wednesday and Thursday 6:00pm to 7:00pm

FITNESS 2 SQUAD
Swimmers looking to improve technique and fitness in a non-competitive environment. Swim Club Membership is optional.
Monday, Wednesday and Thursday: 5.30am to 7.15am Tuesday, Thursday, Friday: 3.30pm to 5.00pm

COACHING SQUADS
* All new members require an interview with the Head Coach prior to beginning. Club Membership and Training Kit are compulsory.

STATE (ST) and STATE PREP (STP)
Swimmers who have qualified and are looking to compete at Summer State Championships and beyond.
Monday (ST), Tuesday, Thursday and Friday: 5.30am to 7.15am Monday (STP), Tuesday, Wednesday, Thursday and Friday: 4.00pm to 6.00pm Saturday: 6.30am to 8.30am
Recommended five to seven sessions per week (minimum four).

NATIONAL (NAT)
Swimmers who have qualified and are looking to compete at the National Age and National Open Championships and beyond.
Monday, Tuesday, Thursday and Friday: 5.30am to 7.15am Monday, Tuesday, Wednesday and Thursday: 4.00pm to 6.00pm Saturday: 6.30am to 8.30am
Recommended seven to nine sessions per week (minimum seven).

HIGH PERFORMANCE SPRINT (HP)
Swimmers competing at National Open Championship level and being a part of national representative teams. Session times and attendance subject to squad coach direction
Monday, Wednesday and Thursday: 5.30am to 7.15am Monday, Tuesday, Thursday and Friday: 4.00pm to 6.00pm Saturday: 6.30am to 8.30am
Recommended seven to nine sessions per week (minimum seven).

CLUB SQUAD (Club)
Coaching Squad preparation level. Continuing stroke correction, set development and race skills added. Training kit required.
Monday: 7.00am to 8.00am Monday to Friday: 5.00pm to 6.00pm Dryland: 4.15pm to 4.45pm
Recommended two to three sessions per week (minimum two).

JUNIOR (Jnr)
Squad for junior competitive swimmers with improving fitness, training skills and racing strategies.
Monday, Tuesday, Wednesday and Friday: 4.00pm to 5.45pm Tuesday, Wednesday and Thursday: 5.45am to 7.15am Saturday: 8.00am to 9.30am
Recommended three to five sessions per week (minimum three).

FITNESS 2 SQUAD
Swimmers looking to improve technique and fitness in a non-competitive environment. Swim Club Membership is optional.
Monday, Wednesday and Thursday: 5.30am to 7.15am Tuesday, Wednesday and Thursday: 4.00pm to 6.00pm
Saturday: 6.30am to 8.30am
Recommended five to seven sessions per week (minimum four).
**SOMERSET SWIMMING ACADEMY**

**DATES**

**TERM ONE**
28 January to 4 April (10 weeks)

**TERM TWO**
20 April to 20 June (9 weeks)

**TERM THREE**
13 July to 19 September (10 weeks)

**TERM FOUR**
6 October to 12 December (10 weeks)

**FEES**

**LEARN TO SWIM - TERM BASED**

$15.00 | Base rate per lesson (Somerset Students)
$17.00 | Base rate per lesson (Non-Somerset Students)
$50.00 | Private one-on-one per half-hour lesson
- Payments are required up front at the beginning of each term (calculated on base rate per week)
- Cancellation policies apply
- Intensive holiday clinics are held between Terms
Families with three or more swimmers enrolled receive a family discount

**MASTERS SWIMMING**

$8.00 - Squad | $70.00 - Monthly Pass

**JUNIOR DEVELOPMENT - TERM BASED**

JD Squads and Fitness Squad
Price per session includes pool entry
$10.00 - Somerset | $12.00 - non-Somerset

**SQUADS**

(Price per month includes pool entry)

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<tr>
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<th>Non-Somerset</th>
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<tr>
<td>Club</td>
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<tr>
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<td>State Prep and State</td>
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<td>National and High Performance</td>
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<tr>
<td>Surf/ Triathlon</td>
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<td>Fitness 2</td>
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**DEEP WATER RUNNING/AQUA**

Suited to all fitness and age levels
Burn Calories – upwards of 500 calories per class, double the amount of calories you would burn running on dry land for 30 minutes

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<tr>
<td>Monday</td>
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<td>Friday</td>
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*Active and Healthy Class

**PRICE**

$9.00 - Per Class
$7.00 - Concession
$5.00 - Active and Healthy

**SWIM CLUB INFORMATION**

Somerset Swim Club is open to all members of the public and invites swimmers and their families to join.

The Club has race nights every second Friday evening during Term Four. Swimmers are awarded points during the club night season based on their own performances and attendances. Barbeque and canteen facilities are available each fortnight. Members can attend social functions, invitational meets with other local clubs and club championships throughout the year. The club also hosts its own major meet each season.

**HEAD COACH**

FORREST BUTCHER

- Silver Level Qualified Coach
- Combined Bachelor Exercise Science and Bachelor Business (Sport Management)
- Master of Business Admin
- Swimming Scholarship, University of Iowa, USA
- National Age Group Gold Medallist ‘90, ‘91, ‘93, ‘94
- National Open Medallist ‘95
- Finalist World University Games-200m Back stroke ‘95
- Australian team member ‘91 (Age Group), ‘95 (Open)

**FOR BOOKINGS AND INQUIRIES**

PLEASE CONTACT:
Alison Balcerek or Andrea Honnery
(07) 5559 7339 or swim@somerset.qld.edu.au

Somerset Drive Mudgeeraba Queensland 4213 Australia
Telephone: (07) 5559 7339 | www.somerset.qld.edu.au/swimming-academy
Car parking next to pool at rear of Somerset College. Access from Somerset Drive via Wyangan Gate entrance.